

# The Distraction Zone — Course Preview

UC San Diego TREDs | Accessible Transcript  
[https://youtu.be/rCMBT\\_0bqLs](https://youtu.be/rCMBT_0bqLs)

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## About This Document

This document is an accessible transcript for The Distraction Zone Course Preview. It provides a brief introduction to the full Distraction Zone online course, produced by UC San Diego TREDs. This transcript meets UC San Diego digital accessibility standards (WCAG 2.1 AA).

## Transcript

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*[Audio Description: A clip from the course is shown. A dog sits on the driver's lap with its front paws on the steering wheel, appearing to drive the car.]*

**ACTOR1:** Look how safe you're driving. Look how...

*[Audio Description: A montage of scenes from the course plays, including distracted driving situations and comedic moments, as a voice-over introduces the program.]*

**VOICE-OVER:** Welcome to a training experience that defies your expectations.

*[Audio Description: A clip from the course is shown. A woman driving looks distressed at her phone, which has no cell signal.]*

**COMIC ACTOR:** Stupid national park — stupid trees, stupid mountains, and zero bars.

*[Audio Description: The course title appears on screen in dramatic stylized text over a spiral black-and-gray background.]*

**VOICE-OVER:** Welcome to the Distraction Zone.

*[Audio Description: The title card "The Distraction Zone" remains on screen.]*

**NARRATOR:** The Distraction Zone.

*[Audio Description: A clip from the course is shown. A passenger in a car reacts excitedly to a phone notification.]*

**ACTOR1:** Oh — feedback from Amanda!

*[Audio Description: Additional course clips play showing comedic and informational moments from the program.]*

**VOICE-OVER:** ...is an entertaining course that educates about the dangers of driving distracted in today's world.

*[Audio Description: A clip from the course is shown. A driver reaches toward the back seat while driving.]*

**ACTOR3:** Ooh, candy.

*[Audio Description: The narrator addresses the viewer directly in the course's dramatic black-and-white setting.]*

**NARRATOR:** Would you send a text while using a chainsaw? Probably not.

*[Audio Description: A variety of course scenes play, including interactive activities and informational graphics.]*

**VOICE-OVER:** This 45-minute online program explores the many distractions drivers face and the serious consequences of driving distracted.

*[Audio Description: Course clips continue showing engaging activities and humorous scenes.]*

**VOICE-OVER:** Engaging activities and humor sprinkled throughout offer strategies to stay focused and safe behind the wheel.

*[Audio Description: The narrator delivers a direct, humorous appeal to the viewer.]*

**NARRATOR:** And this course is completely free. What's your excuse?

*[Audio Description: A certificate of completion graphic is shown.]*

**VOICE-OVER:** Finish it and get a certificate of completion — suitable for framing.

*[Audio Description: The course title appears again with a call to action and information about availability.]*

**VOICE-OVER:** Buckle up for the Distraction Zone — available on a computer near you.

*[Audio Description: A final credits card displays the title "The Distraction Zone" in stylized font at the top, over a black-and-gray spiral background. Text reads: "Funding for this program was provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration."]*